

Please let us know if the topics below, or any of those listed in these pages interest you, as we can offer them in future.

- Understanding the mental health system
- Confidentiality and Information sharing
- Diagnosis and medication
- Problem solving techniques
- Early warning signs and relapse management

Rethink Carers Service

Margaret Price, Service Co-ordinator (*Mon—Thurs*)

☎ 0796 7811146 margaret.price@rethink.org

Karen Allen Bonney, Carers Outreach (*Tues - Thurs*)

☎ 07918 162 523 karen.allen@rethink.org

Rethink Mental Illness Bristol
First floor, St Paul's Settlement,
74-80 City Rd, Bristol BS2 8UH
www.rethink.org/bristolcarers

Working in partnership with



Rethink Carers Service Workshops 2022



Our workshops and talks are offered online or in small groups, often in collaboration with local mental health professionals, and informed by knowledge of local services.

They are free of charge and open to family and friends of people living with poor mental health with connections to Bristol.

www.rethink.org/bristolcarers

Recovery – what's it all about?



It can be difficult to know how to help someone to recover from mental illness. We will all have wondered at some time whether we are doing the right thing, and question what guides mental health workers and 'recovery navigators' in their work.

Duration: 3 hours over 2 sessions

Facilitators: Karen Allen Bonney (Rethink Carers Service) & Suzanne Gerrish (Community Rehabilitation Team)

Book here:

<https://www.eventbrite.co.uk/e/recovery-whats-it-all-about-tickets-272700473457>

Dates:

Tuesday 5th April 2022 and Tuesday 26th April 2022

Time tbc: please express your preference: daytime or evening when you book:

Triangle of Care



The Triangle of Care sets out how carers, service users and professionals should work together to promote safety and recovery and to sustain the wellbeing of those using mental health services by including and supporting carers.

But how does it work in practice? What can family members learn about this guidance that will help them to be involved in someone's care?

And how can you get involved and improve the experience of family members of people who become ill in the future?

Duration: 2 hours

Facilitators: Marcella Maloney (Bristol Carer Involvement Coordinator, Avon and Wiltshire Partnership Trust) and Karen Allen (Rethink Carers Service Development Worker)

Setting Boundaries

Making agreements and setting boundaries can be difficult at the best of times. You may find your own needs are being neglected but you don't know how to create space for yourself.



This workshop is for anyone who has a supportive relationship towards a family member, partner or close friend experiencing mental health issues, and who wants to explore how to make the relationship work better for both of you.

Duration: 4 hours over 2 sessions

Facilitators: Karen Allen Bonney (Rethink Carers Service), Jane Brown (Central and East Recovery Team).

Venue: Zoom online

Dates:

Tuesday 30th November 2021 6.30 – 8.30pm and

Tuesday 14th December 2021 6.30 - 8.30pm

Understanding and supporting change



For many people struggling with mental health difficulties, motivation to make lifestyle changes is often low or complicated by other factors.

For loved ones, friends and health care workers this can feel very frustrating, can often lead to disagreements or tensions and despite people's best intentions, can sometimes result in the

person being less likely to make changes.

This two-part workshops will be an opportunity to learn about the core principles of Motivational Interviewing, develop a deeper understanding of behaviour change processes generally and find out about key strategies and techniques that may help to shift some of the more challenging and stressful dynamics.

Motivational Interviewing is a conversational style that aims to help people explore and resolve their ambivalence around making behaviour changes.

Nicky Noble, Occupational therapist at Bristol Community Rehabilitation Service will be sharing her expertise, with Rethink Carers Service co-facilitating.

Duration: 2 hours each session (please attend both)

Facilitators: Nicky Noble (Community Rehab Service) & Karen Allen Bonney (Rethink Carers Service)

Dates: 1st February & 15th or 29th March 2022

12.30 – 2.30pm

You, your rights, & supporting someone with their mental health



Do you support a family member, partner or friend with their mental health? Do you or your family member have a Black, Asian or minority ethnic background, or mixed heritage?

You are warmly invited join a discussion and information session with Rethink Carers Service:

- Share your experience
- Find out about your rights

Find services that suit you and your circumstances

Duration: 1.5 hours and 1 hour

Facilitators: Narinder Chana (Rethink BAME Community Development worker) and Karen Allen (Rethink Carers Service Development Worker)

Communicating with someone experiencing mental health issues



When someone is unwell, it can be difficult to know how to keep calm and avoid triggering distress and conflict for each other but still talk about the things that matter.

Sharing what has worked for us and what hasn't with others, and practising voicing how we feel can help us to gain confidence and skill in communicating more effectively.

Duration: 3 hours over two sessions

Finding balance in a Caring Role

Being there for someone with mental health issues is the best in us, but can also make us feel a range of emotions.

This workshop is for family members, partners and friends to acknowledge and explore the difficulties of caring for someone with mental health issues and to find compassion for ourselves.

Duration: 3 hours over two sessions

